



For Immediate Release

Contact: Nancy Long
443-433-2597
www.md.central.nocc@ovarian.org

NOCC CENTRAL MD ANNOUNCES THE 6th ANNUAL WALK/RUN TO BREAK THE SILENCE ON OVARIAN CANCER

Annapolis, MD – The National Ovarian Cancer Coalition (NOCC) Central Maryland Chapter announces its 6th Annual “Walk / Run to Break the Silence on Ovarian Cancer” to be held on Sunday, September 12, 2010 at Quiet Waters Park in Annapolis.

Registration will open at 8:00 am, and the 5K Run will begin at 9:00 am. The 3K Walk is scheduled to kick off at 9:05 am.

September is Ovarian Cancer and Gynecologic Cancer Awareness Month. “We walk and run to raise funds but just as importantly, we walk and run to raise awareness,” said Nancy Long, NOCC Central Maryland Chapter’s Co-President. “There is no early detection test for ovarian cancer. That is why education and awareness are currently our best defense against this disease.”

Special events will include a survivor’s area with prizes and gifts available for ovarian cancer survivors. Refreshments will be provided, face painting for the kids, big and small, and table to make a flag in honor of or in memory of a loved one.

All participants will receive a T-shirt and a Pureology gift pack containing Pureology Hydrate Shampoo, Pureology Hydrate Conditioner. Pureology is the premiere sponsor of the NOCC’s “Walk to Break the Silence on Ovarian Cancer.”

The mission of the National Ovarian Cancer Coalition is to raise awareness and increase education about ovarian cancer. More than 20,000 women are diagnosed with ovarian cancer each year, and approximately 15,000 women die from the disease annually. Unfortunately, most cases are diagnosed in their later stages when the prognosis is poor. However, if diagnosed and treated early, when the cancer is confined to the ovary, the five-year survival rate is over 90 percent. That is why it is imperative that the early signs and symptoms of the disease are recognized, not only by women, but also by their families and the medical community.

Symptoms of ovarian cancer may include bloating, pelvic or abdominal pain, trouble eating or feeling full quickly, and feeling the need to urinate urgently or often. Other symptoms of ovarian cancer may include fatigue, upset stomach or heartburn, back pain, pain during intercourse, constipation, and menstrual changes. Women who experience these symptoms for longer than two weeks, especially if these symptoms

are new to them, are encouraged to visit their health care provider. Many survivors are anxious and willing to tell their stories of diagnosis, misdiagnosis, the hardships of treatments, the potential inherited genetic mutation and the fears and joys of being a survivor.

To register for the NOCC Central Maryland Chapter's "Walk to Break the Silence on Ovarian Cancer" please call 443-433-2597 or visit www.nocc.kintera.org/mdcentral

About the NOCC

The National Ovarian Cancer Coalition is a 501 (c)(3) charitable organization that provides public education and awareness about ovarian cancer through a toll-free Help Line, local NOCC Chapters, comprehensive website, peer support, publications, and awareness/educational programs. NOCC's mission is to raise awareness and promote education about ovarian cancer. The Coalition is committed to improving the survival rate and quality of life for women with ovarian cancer. For more information on the "Break the Silence" campaign and to contact one of the local NOCC Chapters, visit www.ovarian.org or call 1-888-OVARIAN.

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